

## Syllabus For Shiatsu Workshop.

### Lesson wise contents

#### LESSON 1

THE ORIENTAL VIEW OF HEALTH AND ILLNESS  
THE WESTERN CONCEPTION OF ILLNESS AND HEALTH  
THE ORIENTAL CONCEPTION OF HEALTH AND DISEASE  
Qi  
Yin and Yang  
THE RELATIONSHIP OF YIN AND YANG  
THE CORRESPONDENCES  
YIN AND YANG RELATIONSHIPS IN HEALTH AND ILLNESS

#### LESSON 2

ORIENTAL MEDICINE 2  
QI AND THE FIVE ELEMENTS  
THE LAW OF FIVE ELEMENTS  
THE MOTHER-SON RULE  
THE NOON-MIDNIGHT LAW  
THE FIVE ELEMENTS AND THEIR CORRESPONDENCES

#### LESSON 3

SHIATSU DIAGNOSIS  
The Five Traditional Elements and their Correspondences  
Linking up with the Law of Five Elements  
Methods of Diagnosis  
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Mon-shin  
Setsu-shin  
Bun-shin

#### LESSON 4

THE MERIDIANS  
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Liver, Heart, Spleen, Lungs and Kidneys  
THE YANG MERIDIANS  
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THE CENTRAL MERIDIANS  
THE MERIDIAN FLOW  
Lung - (Yin)  
Large Intestine (also called Colon) - (Yang)  
Stomach - (Yang)  
Spleen - (Yin)  
Heart - (Yin)  
Small Intestine - (Yang)  
Bladder - (Yang)  
Kidney - (Yin)  
Pericardium - (Yin)  
Triple Warmer - (Yang)  
Gall Bladder - (Yang)  
Liver - (Yin)  
Conception Vessel

Governing Vessel  
MERIDIAN KEYWORD ASSOCIATIONS

Lung:  
Large Intestine  
Stomach:  
Spleen:  
Heart:  
Small Intestine:  
Bladder  
Kidney:  
Pericardium  
Triple Warmer  
Gall Bladder  
Liver:  
Conception Vessel  
Governing Vessel

#### LESSON 5

THE TSUBO  
THE NOMENCLATURE  
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THE DISTAL POINTS  
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P 6  
St 36  
B 40  
Sp6  
THE THREE TONIFIERS

#### LESSON 6

BO AND YU POINTS  
BO POINTS

LU 1,  
CV 17,  
CV 14, LIV 14, GB 24, LIV 13,  
CV 12, CV 5, GB 25,  
St 25, CV 4, CV 3

YU POINTS

B 13  
B 14  
B 15  
B 18  
B 19  
B 20  
B 21  
B 22  
B 23  
B 25  
B 27  
B 28

## LESSON 7

SHIATSU TECHNIQUES  
PRELIMINARY POINTS  
CAUTIONARY NOTES  
YIN AND YANG  
YIN PEOPLE  
YIN TREATMENT  
YANG PEOPLE  
YANG TREATMENT  
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OPENING THE MERIDIANS  
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PERCUSSION TECHNIQUES  
ROLLING, KNEADING TECHNIQUES  
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## LESSON 8

### BACK SHIATSU

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LOOSENING THE BACK MUSCLES  
LOOSENING THE LEG MUSCLES  
ROCKING THE SPINE (TORSION)  
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## LESSON 9

AMPUKU AND OTHER BODY SHIATSU  
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## LESSON 10

THE FORMULATIONS  
THE HEALING CRISIS  
TREATMENT TIMING  
THE FORMULARY  
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ACNE  
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ALLERGIES  
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ANXIETY  
ARTHRITIS  
ASTHMA  
BED-WETTING  
BLADDER WEAKNESS  
BREAST PROBLEMS  
BRONCHITIS  
CATARRH  
CHILBLAINS  
COLDS  
COLIC  
CONJUNCTIVITIS  
CONSTIPATI...